

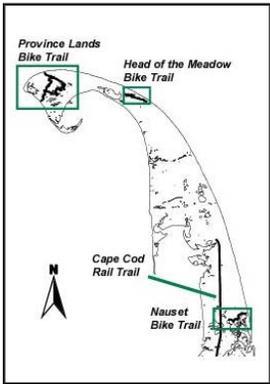


Bike Trails: Safety Tips and Guidelines



NOTE

From September 2006 until June 2007 the Cape Cod Rail Trail, from Nickerson State Park in Brewster to South Wellfleet will be closed for rehabilitation by the Commonwealth of Massachusetts. Cape Cod National Seashore's three bicycle trails: Nauset, Head of the Meadow, and Province Lands, are not connected to the rail trail and remain open.



- ❖ Massachusetts state law requires children 16 and younger to wear protective helmets when operating or riding as a passenger on a bicycle. It is advisable that all riders, regardless of age, wear protective headgear.
- ❖ If you have an unfamiliar bike, check your brakes, gears and steering before entering a trail.
- ❖ Ride single file and stay to the right. All trails have two-way traffic and heavy traffic times.
- ❖ Use front and rear brakes together. ❖ Don't speed.
- ❖ Be alert for the unexpected especially pedestrians (rollerbladers, hikers), dogs, and windblown sand).
- ❖ Steep hills, sharp turns, and low tunnels exist. Low areas may flood; loose sand may cover trails.
- ❖ Private property exists within the Seashore. Please respect owners' rights.

Bike and Ride. Put your bike on the bus, and ride the seashore bike trails, and the Cape Cod Rail trail. Unless otherwise indicated, public bus service, with bike racks, is available year round at the parking areas designated with a **P**.

Legend:

Bike Trail

Parking

Picnic area

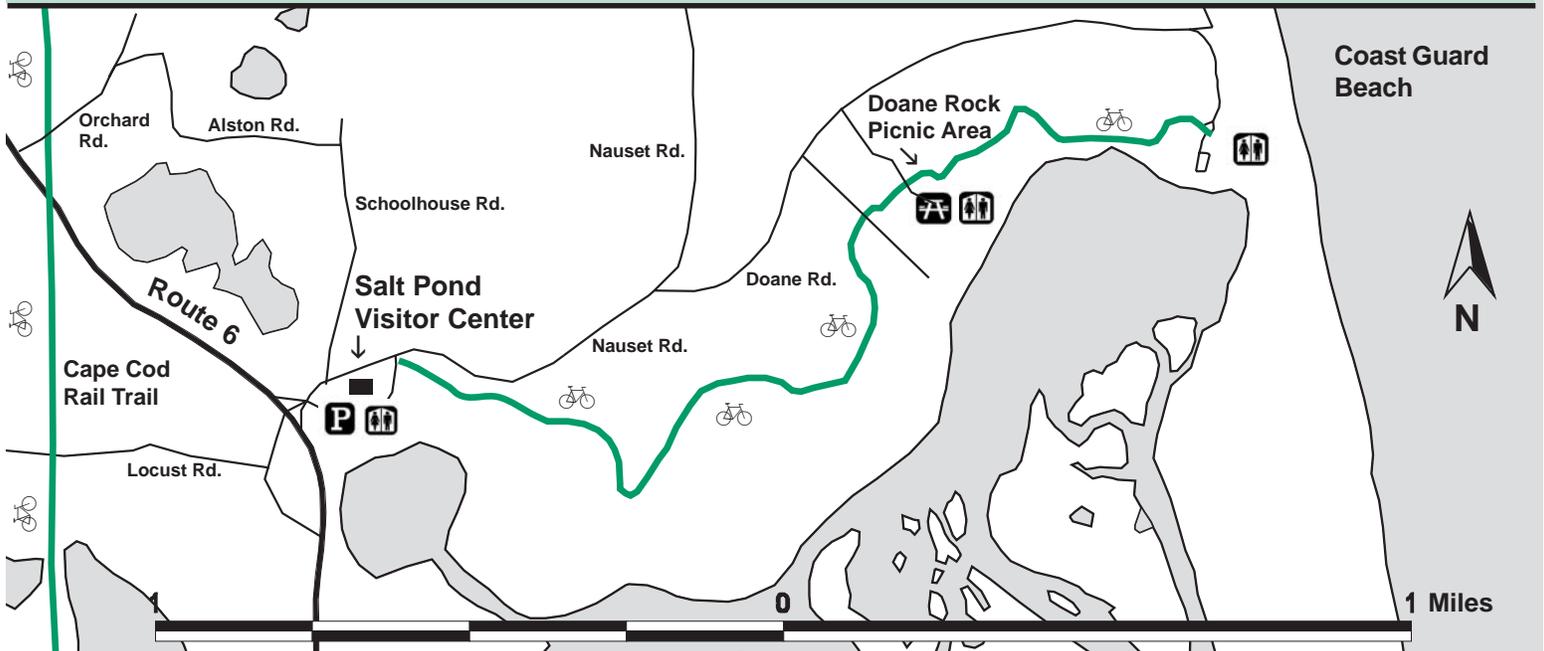
Restrooms
(seasonal)

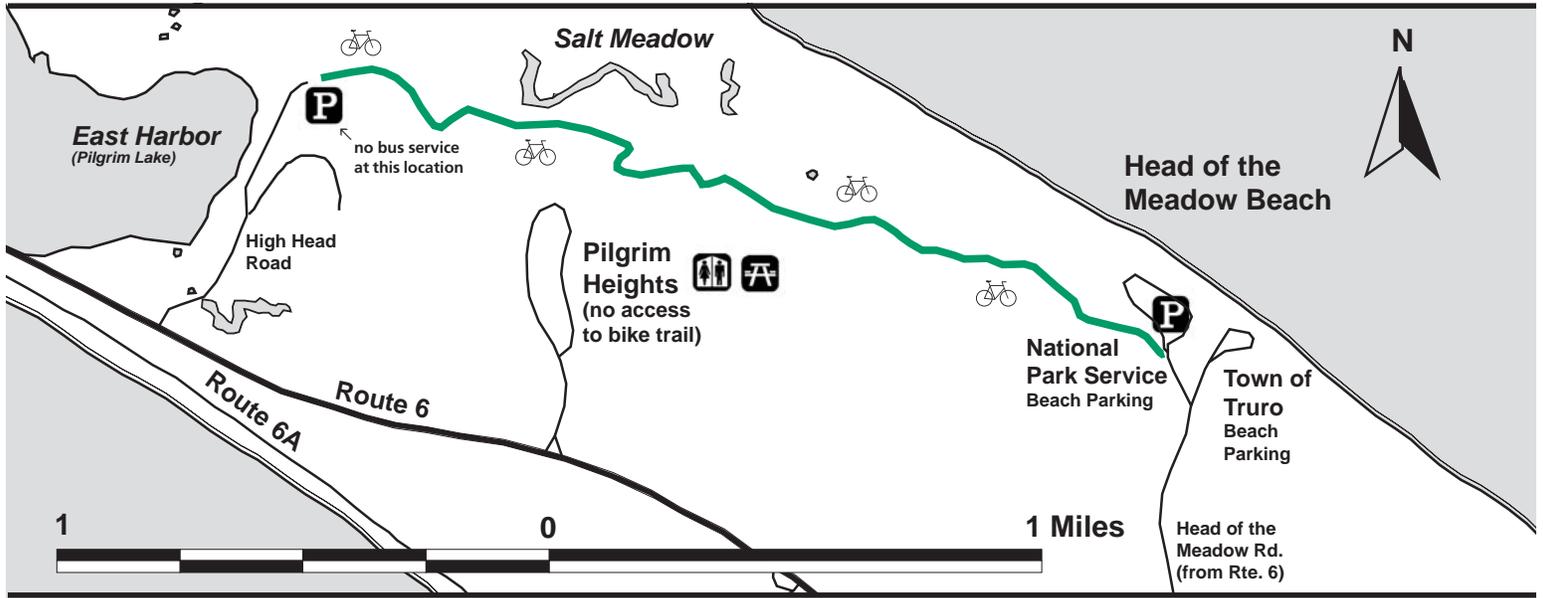
Nauset Trail

Distance: 1.6 miles

Access points:

Salt Pond Visitor Center parking area, Eastham
Doane Rock picnic area, Eastham





Head of the Meadow Trail
 Distance: 2 miles

Access points:
 High Head Road, Truro
 Head of the Meadow Beach parking area (beach fees may apply)

(legend on reverse side)

ATTENTION:
 This bicycle trail, built in the 1960s, was not designed for high speed. It contains steep hills, sharp curves, low tunnels, and may have windblown sand, among other hazards. Some areas may be seasonally submerged. Numerous accidents and serious injuries have occurred due to excessive speed, failure to pay attention, and lack of adult supervision.

CAUTION:
 Speed limit is 10 mph;
 Yield to pedestrians and horses;
 Ride single file, stay to the RIGHT, except when passing;
 Helmets required for ages 16 and under, STRONGLY advised for all.

